

## Mis Cancer Yog Dab Tsi?

Mis cancer yog thaum cov noob nqaij nyob hauv lub mis txia thiab hlav ceev dua li qhov nws yuav cheem tau lawm.

Cov qog (Tumors) maj mam hlav zuj zus nyob hauv lub mis. Txog txij xuas tau lub qog ces tej zaum twb muaj nyob tshaj li 10 xyoo lawm. (Tej txhia qog muaj zog thiab hlav loj ceev dua tej txhia).

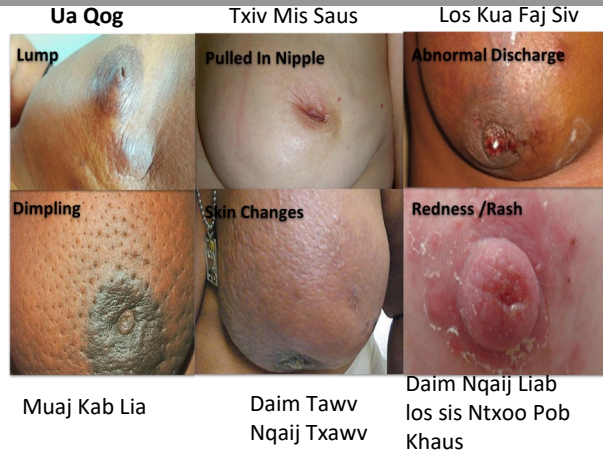
Nruab nrab ntawm 50-75 feem pua ntawm mis cancer chiv hauv cov hlab xa kua mis (milk ducts), kwv yees li 10-15 feem pua chiv hauv lub qog ua kua mis (lobules) thiab lwm yam nqaij hauv lub mis (breast tissues).



Warriors of Hope

## Mob Mis Cancer Zoo Li Cas

### Soj Ntsuam



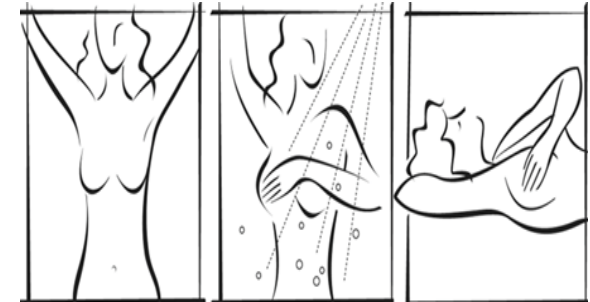
## Leej Twg Muaj Feem Tau Yam Cancer No

- ◆ Poj niam
- ◆ Muaj hnuv nyoog zuj zus
- ◆ Yus tus kheej mob mis cancer dhau los lawm
- ◆ Muaj keeb kwm tsev neeg mob mis cancer
- ◆ Raug cua fais fab (Radiation Exposure)
- ◆ Rog heev los sis puv heev (Obesity)



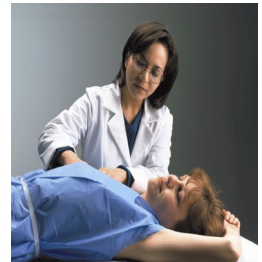
## Tiv Thaiv & Nrhiav Kev Pab Thaum Ntxov

Yus Kuaj Yus Mis (Paub Koj ob lub Mis)

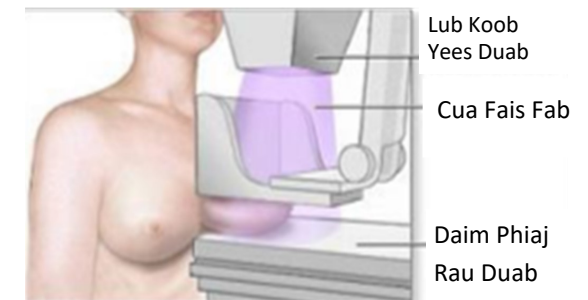


Mus Rau Kws Kho Mob Kuaj (Clinical Breast Exam (CBE))

- ◆ 20-39 Xyoo: mus kuaj 3 xyoo ib zaug.
- ◆ 40 xyoo rov saud: kuaj txhua xyoo



Tsom Mis (Mammogram): 40 xyoo rov sauv - txhua xyoo



## Lus Sam Fwm

Mus **tsom mis** txhua xyoo pib hnuv nyooog 40 xyoo yog koj muaj feem yuav muaj tus kab mob mis cancer.

**Tham nrog koj tus kws tshuaj** seb koj puas muaj feem tau tus kab mob mis cancer.

## Tej Lus Tseeb

Kab Mob Mis Cancer nyob hauv teb chaws America. **Ib tug ntawm 8 tus poj niam** hauv teb chaws America yuav kuaj tau hais tias nws tau tus kab mob mis cancer. **Kab mob mis cancer yog yam kab mob thib ob ua rau poj niam tuag.**

**Ntsuas Kev Ciaj Sia:** Feem ntau ntsuas 5 xyoos zuj zus. Kev ciaj siav 5 xyoos yog los ntawm cov feem pua uas cov neeg tau tus kab mob cancer mis txhua theem (stages) uas tseem muaj sia nyob mus li 5 xyoos txij thaum paub hais tias mob cancer lawm.

Xam txhua theem mis cancer ua ke tas nrho muaj **89%** (feem pua).

## Cov Chaw Muab Kev Pab Cuam

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Wisconsin Well Woman Program

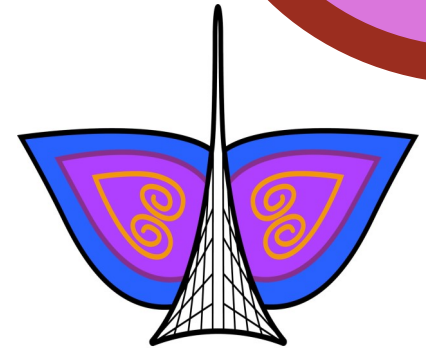
Prevent Cancer Foundation

American Cancer Society

[CDC.gov](http://CDC.gov)



Yog muaj lus nug los sis xav paub ntxiv, hu xov tooj rau peb cov **Community Health Workers.** Peb yuav zoo siab thiab txaus siab pab koj nrhiav cov kev pab cuam nyob rau koj lub zos.



MILWAUKEE CONSORTIUM  
FOR HMONG HEALTH, INC.

## Mis Cancer (Breast Cancer)



Yog Dab Tsi Thiab Yuav  
Ua Li Cas Tau Rau Koj

